

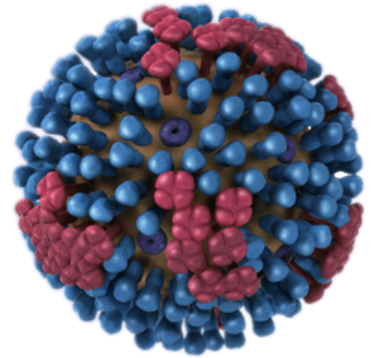


EPI-MONITOR

FALL 2019

Disease Spotlight: Influenza¹

The 2019-2020 influenza (flu) season is here and now is the time to get vaccinated if you have not done so already! Influenza is a respiratory viral infection that causes mild to severe illness, leading to death in some cases. Symptoms of influenza include fever, cough, sore throat, runny or stuffy nose, body aches, headache, and fatigue. Not everyone with influenza will have a fever. Some people, mainly children, may have diarrhea and vomiting. Influenza is spread through droplet transmission. Droplets are dispelled into the air when people infected with the flu cough, sneeze, or talk, which then land into nearby people's mouth or nose. The incubation period can range from 1-4 days. Individuals are usually most contagious in the first 3-4 days after symptom onset; however, people can pass on the virus to others before even knowing they are ill.



The influenza vaccine is recommended annually for all individuals 6 months of age and older. **Vaccination is especially important for our most vulnerable populations including young children, pregnant women, people with chronic health conditions and people over the age of 65.** Vaccination is also important for health care workers and people who care for or live with high risk individuals. Annual flu vaccination is the best way to protect yourself, your loved ones, and your community from flu and potentially severe flu complications. Studies have shown influenza vaccination prevented 7.1 million illnesses, 3.7 million medical visits, 109,000 hospitalizations, and 8,000 deaths during the 2017-2018 influenza season².

In addition to getting the flu vaccine, the Florida Department of Health in Collier County recommends taking these everyday precautions to avoid catching or spreading flu:

- Avoid close contact with individuals who are sick.
- Stay home from work, school, and errands when you are sick.
- Cough or sneeze into your shirt sleeve, elbow, or tissue. Throw tissues away immediately after use.
- Wash your hands often with soap and water. Use alcohol-based hand sanitizer if soap is unavailable.
- Disinfect surfaces and objects that may have been contaminated.

DOH-Collier offers flu vaccines for children and adults. No appointment is necessary for pediatric vaccines. For more information:

Naples: Pediatric Vaccines (239) 252-8595 | Adult Vaccines: (239) 252-8207
Immokalee: (239) 252-7300

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3339 Tamiami Trail East

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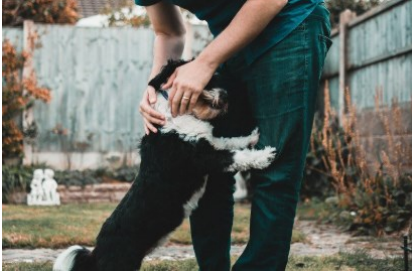
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Zoonotic Diseases: 4 Things to Know³



Zoonotic diseases are prevalent globally. It is estimated that zoonotic diseases are responsible for 2.5 billion cases of human illness worldwide. According to the CDC, 60% of known infectious diseases in people are spread from animals and 75% of every new or emerging infectious diseases in people are spread from animals. Zoonotic diseases are not going anywhere anytime soon, so it is important to understand the risk zoonotic diseases present. Here are four things to know:

Any contact with any animal can pose a risk for zoonotic disease transmission.

Direct contact with animals is not always necessary for zoonotic disease transmission. Transmission can occur from contact with an animal's food, water, wastes, body fluids, or belongings. Contact with the area where animals live, such as their bed, cages, tanks, coops, stalls, and barns, can also pose a risk for zoonotic disease transmission. It's important to gather a thorough patient history to rule out the possibility of zoonotic disease transmission as patients can forget about animal exposures if they did not touch an animal directly. Patients may need to be prompted to remember if they had stopped at a pet store, visited a zoo, or stepped in feces while outdoors. For patients that have direct contact with animals, additional questions regarding the animal's appearance, exposure to wildlife and vaccination status are helpful.

Many recent outbreaks have been linked to pets

Over 50% of households in the United States own a pet. Small mammals, reptiles, and amphibians are becoming increasingly common for people to have as pets. Farm animals, such as backyard chickens and other poultry are also being treated as pets. These type of pets have a higher risk of carrying and transmitting zoonotic diseases, while it is important to note that no animal is completely without risk. In the last decade, reported outbreaks of human illness have been associated with contact with pet turtles, lizards, rats, guinea pigs, hedgehogs, puppies, and other animals. Backyard poultry, which includes chickens, geese, ducks, and turkeys have been linked to multiple outbreaks of *Salmonella* infections. Additionally, outbreaks of human illness have also been associated with pet products including dry pet food and pig ear dog treats. For a selected list of reported US outbreaks of human illness linked to contact with animals and animal products visit <https://www.cdc.gov/healthypets/outbreaks.html>.

Certain types of patients are at a higher risk of infection

Like other infectious diseases, certain individuals have a higher risk of zoonotic disease infection than others. Children under the age of 5, adults over the age of 65, immunocompromised individuals, and pregnant women can be more likely to have severe consequences with zoonotic pathogens. These individuals do not need to avoid contact with all animals, but it is recommended they avoid contact with animals that have a higher risk of illness such as reptiles, amphibians, poultry and rodents. Animals can transmit pathogens even if they appear healthy, so it's important to always practice thorough and frequent handwashing to avoid disease transmission.

The bottom line for pet owners and animal lovers

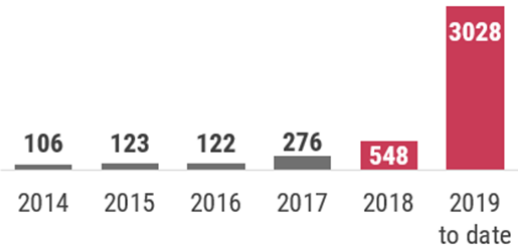
- **Pick the right pet.** Keep in mind that individuals at a higher risk of infection should not have reptiles or amphibians.
- **Wash your hands** after touching animals, their waste, or belongings. Supervise children to ensure they are washing hands thoroughly and properly after touching, feeding, or caring for pets.
- **Keep it clean.** Clean habitats and supplies outside the house. If cleaning indoors, use a laundry sink or bathtub and disinfect the area immediately after.
- **Play safe.** Avoid rough play with animals and teach children how to play with animals appropriately. Do not let children near pets that are eating. Always supervise children around pets and discourage them from kissing or holding pets close to their face.
- **Enjoy** wildlife from a distance .

For more tips on staying healthy around animals, visit <https://www.cdc.gov/healthypets/index.html>

Hepatitis A Update⁴

From January 1, 2018 through November 9, 2019, 3,576 hepatitis A cases were reported in Florida. Since January 1, 2019, there have been 3,028 cases reported. There were 271 reported cases in September 2019 and 273 cases reported in October 2019, demonstrating a .7% increase in the number of cases. As of November 14, 2019 **Collier County has reported eight cases of hepatitis A**. Hepatitis A vaccination is the best protection against the virus. The Florida Department of Health recommends vaccination for:

- Homeless
- Illicit recreational drug users
- Individuals 60 or older and have serious underlying medical condition
- Individuals with chronic or long-term liver disease or clotting-factor disorder
- Individuals who come into contact with others who have the virus
- Men who have sex with other men
- Have traveled to or planning to travel to countries where the virus is common (<https://wwwnc.cdc.gov/travel/diseases/hepatitis-a>)
- Individuals who have adopted or care for a child who comes from a country where the virus is common
- Anyone wanting protection (immunity) from the virus



Case Counts of Hepatitis A in Florida, 2014-2019 (as of November 9, 2019)

Symptoms of hepatitis A usually start 2-6 weeks after infection and last less than two months. Symptoms include stomach pain, nausea, vomiting, jaundice, diarrhea, loss of appetite, joint pain, clay-colored or pale stool, dark urine, fever, and fatigue. Hepatitis A is transmitted person-to-person through the fecal-oral route. In addition to vaccination, practicing thorough and frequent handwashing plays an important role in preventing hepatitis A transmission. Alcohol-based hand sanitizers are not effective against hepatitis A.

DOH-Collier offers hepatitis A vaccines at the Naples and Immokalee Clinics. To schedule an appointment, call 239-252-8207.



REMINDERS



- ♦ If a patient is referred to the hospital to begin rabies post-exposure prophylaxis (PEP), please contact the Epidemiology Program. Please fax a copy of the animal bite report to Domestic Animal Services (fax: 239-530-7775) as soon as possible. It is important that the bite reports are submitted to Collier County Domestic Animal Services in a timely manner so that investigations can begin as soon as possible. The Epidemiology Program is available for consultation regarding the initiation of rabies PEP.
- ♦ If your patient is diagnosed with a disease or health condition that is reportable under Florida law, please remind them that someone from the Epidemiology program at DOH-Collier will be contacting them via telephone, mail, and/or home visit to conduct an epidemiologic interview.
- ♦ Dengue virus activity continues to be reported in the Americas. Both PCR and antibody testing are available commercially, and PCR testing is the only way to definitively diagnose acute dengue infections. Patients who have been previously exposed to another dengue serotype may show elevated IgG titers and have transient or no elevated dengue IgM titers, making identification of such cases difficult without PCR testing on an acute sample. It is recommended that patients with suspected dengue fever also be evaluated, tested, and managed for possible Zika or chikungunya virus infection if recent travel was to areas where these viruses are present, as co-infection is possible.

Pass the Turkey, Not Foodborne Illness!⁵

A holiday celebration isn't complete without feasting with family and friends! As we approach the holiday season, now is the perfect time to review food safety tips to help keep you and your guests safe from foodborne illness.

Let's Talk Turkey. Safely thaw turkeys in the refrigerator or in a leak-proof plastic bag in a sink of cold water that is changed every 30 minutes. Never thaw your turkey on the counter. If you are making stuffing, cooking it in a casserole dish makes it easier to ensure it is cooked to the proper temperature. Use a food thermometer to make sure the center of the stuffing reaches 165° F. If you like to cook your stuffing in the turkey, put it in the turkey just before cooking and use a thermometer to ensure it is cooked to the proper temperature. Wait 20 minutes after removing the turkey from the oven to remove the stuffing to allow it to cook a little more. Turkey should be cooked to an internal temperature of 165° F. Insert the thermometer into the center of the stuffing and the thickest portions of the breast, wing joint, and thigh to make sure it has reached a safe internal temperature.



Remember the Basics. There are 4 easy steps to food safety: clean, separate, cook and chill. Clean hands and surfaces often. Be sure to wash hands with soap and water before, during, and after preparing food and before eating. Remember to wash cutting boards, utensils, and countertops with hot, soapy water. Fruits and vegetables should also be rinsed under running water. Avoid cross contamination by keeping foods that can spread germs from ready-to-eat foods. Use separate cutting boards and plates for raw meat, poultry, and seafood. Also keep these foods and their juices separate from other foods when grocery shopping and in the fridge. Using a food-thermometer is the only way to ensure your food is cooked to a safe internal temperature: 145°F for whole cuts of beef, pork, veal, and lamb, 160°F for ground meats, 165°F for all poultry, including ground chicken and turkey, 165°F for leftovers and casseroles, 145°F for ham, and 145 °F for fin fish or cook until flesh is opaque. Refrigerate food promptly. Bacteria multiplies rapidly if foods are left at room temperature. The Danger Zone is between 40°F and 140°F, so keep your refrigerator below 40°F and never leave perishable food out at room temperature for more than 2 hours.

Use pasteurized eggs for dishes containing raw eggs. Many holiday dishes such as eggnog, tiramisu, Caesar dressing, and hollandaise sauce contain raw eggs. *Salmonella* and other harmful germs can live on the inside and outside of normal-looking eggs. Always use pasteurized eggs when making any dish made with raw eggs.

Do not eat dough or batter. Dough and batter made with flour and eggs can contain bacteria such as *E.coli* and *Salmonella*, so you should not eat raw dough or batter of any kind to prevent foodborne illness.

¹Centers for Disease Control and Prevention. About Flu. <https://www.cdc.gov/flu/about/index.html>

²Oxford Academic. Effects of Influenza Vaccination in the United States During the 2017-2018 Influenza Season. <https://academic.oup.com/cid/advance-article/doi/10.1093/cid/ciz075/5305915?guestAccessKey=1e115fb7-2c0f-4e9f-8a79-3b0b09adb6b3>

³Mescape. Animal Lovers and Zoonotic Diseases: 5 Things to Know. https://www.medscape.com/viewarticle/918142?deliveryName=USCDC_1164-DM10618#vp_1?src=par_cdc_stm_mscpedt&faf=1

⁴Florida Department of Health. Hepatitis A Surveillance. <http://www.floridahealth.gov/diseases-and-conditions/vaccine-preventable-disease/hepatitis-a/surveillance-data/documents/2019-week-43-hep-a-summary.pdf>

⁵Centers for Disease Control and Prevention. Food Safety Tips for your Holiday Turkey. <https://www.cdc.gov/features/turkeytime/index.html>

Comparison of Selected Reportable Diseases for Collier County, 2018-2019

	Jan - Oct 2018	Jan - Oct 2019
Central Nervous System & Invasive Diseases		
CREUTZFELDT-JAKOB DISEASE (CJD)	0	0
MENINGITIS (BACTERIAL, CRYPTOCOCCAL, MYCOTIC)	0	0
MENINGOCOCCAL DISEASE	1	0
Hepatitis		
HEPATITIS A	2	8
HEPATITIS B ACUTE	3	6
HEPATITIS B (+HBsAg IN PREGNANT WOMEN)*	13	8
HEPATITIS B CHRONIC	64	44
HEPATITIS C ACUTE	6	13
HEPATITIS C CHRONIC	196	178
Enteric Diseases		
CAMPYLOBACTERIOSIS	70	69
CHOLERA (VIBRIO CHOLERA, TYPE O1)	0	0
CRYPTOSPORIDIOSIS	6	10
CYCLOSPORIASIS	1	7
ESCHERICHIA COLI, SHIGA TOXIN PRODUCING	5	6
GIARDIASIS	16	14
HEMOLYTIC UREMIC SYNDROME	0	0
SALMONELLOSIS	100	95
SHIGELLOSIS	9	8
VIBRIO ALGINOLYTICUS	0	0
VIBRIO PARAHAEMOLYTICUS	0	1
VIBRIO VULNIFICUS	1	0
OTHER VIBRIO SPECIES	1	1
Vaccine Preventable Diseases		
INFLUENZA A (NOVEL OR PANDEMIC STRAINS)	0	0
INFLUENZA A (PEDIATRIC MORTALITY)	0	0
MUMPS	0	0
PERTUSSIS	5	5
VARICELLA	12	9
Vector Borne & Zoonotic Diseases		
ANIMAL BITE (PEP RECOMMENDED)	59	84
BRUCELLA	0	0
CHIKUNGUNYA (Imported)	0	0
DENGUE FEVER (Imported)	0	3
LYME DISEASE	5	1
MALARIA	0	0
RABID ANIMALS	2	0
SPOTTED FEVER RICKETTSIOSES	0	0
Others		
CARBON MONOXIDE POISONING	0	6
CIGUATERA	0	1
LEAD POISONING	30	21
LEGIONELLA	9	6
LISTERIOSIS	0	1
PESTICIDE-RELATED ILLNESS/INJURY	1	0
Sexually Transmitted Diseases (STDs)		
CHLAMYDIA	1,108	938
GONORRHEA	172	146
SYPHILIS	42	65

*Counts are for confirmed, probable, and suspect cases in Collier County, Florida.